



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 20010, Buckwheat groats, roasted, cooked

Report Date: June 27, 2017 03:01 EDT

Nutrient values and weights are for edible portion.

Food Group : Cereal Grains and Pasta

Common Name: kasha

Carbohydrate Factor: 3.78 Fat Factor: 8.37 Protein Factor: 3.37 Nitrogen to Protein Conversion Factor: 6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 168g
Proximates					
Water	g	75.63	5	2.133	127.06
Energy	kcal	92	--	--	155
Energy	kJ	385	--	--	647
Protein	g	3.38	5	0.114	5.68
Total lipid (fat)	g	0.62	8	0.051	1.04
Ash	g	0.43	5	0.043	0.72
Carbohydrate, by difference	g	19.94	--	--	33.50
Fiber, total dietary	g	2.7	--	--	4.5
Sugars, total ¹	g	0.90	1	--	1.51
Sucrose ¹	g	0.40	1	--	0.67
Glucose (dextrose) ¹	g	0.20	1	--	0.34
Fructose ¹	g	0.10	1	--	0.17
Minerals					
Calcium, Ca	mg	7	5	0.664	12
Iron, Fe	mg	0.80	5	0.126	1.34
Magnesium, Mg	mg	51	5	7.520	86
Phosphorus, P	mg	70	4	19.311	118
Potassium, K	mg	88	4	19.635	148
Sodium, Na	mg	4	5	0.198	7
Zinc, Zn	mg	0.61	5	0.039	1.02
Copper, Cu	mg	0.146	5	0.009	0.245

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 168g
Manganese, Mn	mg	0.403	2	--	0.677
Selenium, Se	µg	2.2	--	--	3.7
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.040	6	0.017	0.067
Riboflavin	mg	0.039	6	0.007	0.066
Niacin	mg	0.940	4	0.106	1.579
Pantothenic acid	mg	0.359	5	0.025	0.603
Vitamin B-6	mg	0.077	4	0.020	0.129
Folate, total	µg	14	4	7.187	24
Folic acid	µg	0	--	--	0
Folate, food	µg	14	4	7.187	24
Folate, DFE	µg	14	--	--	24
Choline, total ²	mg	20.1	--	--	33.8
Betaine ²	mg	0.5	1	--	0.8
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	0	--	--	0
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	60	--	--	101
Vitamin E (alpha-tocopherol)	mg	0.09	--	--	0.15
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	1.9	--	--	3.2
Lipids					
Fatty acids, total saturated	g	0.134	--	--	0.225
4:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 168g
6:0	g	0.000	--	--	0.000
8:0	g	0.006	--	--	0.010
10:0	g	0.003	--	--	0.005
12:0	g	0.002	--	--	0.003
14:0	g	0.004	--	--	0.007
16:0	g	0.082	--	--	0.138
18:0	g	0.009	--	--	0.015
Fatty acids, total monounsaturated	g	0.188	--	--	0.316
16:1 undifferentiated	g	0.004	--	--	0.007
18:1 undifferentiated	g	0.179	--	--	0.301
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.002	--	--	0.003
Fatty acids, total polyunsaturated	g	0.188	--	--	0.316
18:2 undifferentiated	g	0.174	--	--	0.292
18:3 undifferentiated	g	0.014	--	--	0.024
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.049	--	--	0.082
Threonine	g	0.129	--	--	0.217
Isoleucine	g	0.127	--	--	0.213
Leucine	g	0.212	--	--	0.356
Lysine	g	0.172	--	--	0.289
Methionine	g	0.044	--	--	0.074
Cystine	g	0.058	--	--	0.097
Phenylalanine	g	0.133	--	--	0.223
Tyrosine	g	0.062	--	--	0.104
Valine	g	0.173	--	--	0.291
Arginine	g	0.250	--	--	0.420

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 168g
Histidine	g	0.079	--	--	0.133
Alanine	g	0.191	--	--	0.321
Aspartic acid	g	0.289	--	--	0.486
Glutamic acid	g	0.522	--	--	0.877
Glycine	g	0.263	--	--	0.442
Proline	g	0.129	--	--	0.217
Serine	g	0.175	--	--	0.294
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA Investigation of the carbohydrate fraction of foods . . . raw, processed and prepared, 1985 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA Choline Study, Local pickup UNC, NFNAP, 2003 Beltsville MD